

Saline Sinus Rinse Recipe and Instructions

Saline sinus rinses can often bring relief to patients with nasal congestion due to allergies, sinus problems, or infections. The rinses are safe, inexpensive, and easy to use, but can take a little “getting used to.” The following provides instructions on how to use sinus rinses and make up the solution; several different commercial products are also available.

Ingredients

- **Pickling or canning salt**, containing no iodine, anti-caking agents, or preservatives, which can be irritating to the nasal lining
- **Baking soda**
- **Distilled or boiled water**

How to make saline rinse solution

1. Mix 3 teaspoons of salt with one teaspoon of baking soda and store in an airtight container or sealed bag.
2. Add 1 teaspoon of the mixture to 8 ounces (1 cup) of lukewarm (*NOT hot*) distilled or boiled water. Use less salt if burning or stinging is experienced. For children, use a ½ teaspoon with 4 ounces (½ cup) of water.

How to use saline rinse

1. It is recommended to use the sinus rinses in the shower so they don't create a mess, but they may also be used over a sink.
2. Get a squeeze bottle, large syringe, infant nasal bulb or a nasal saline rinse bottle from the drug store. These products are usually simple squeeze bottles with a small nozzle at the top.
3. Pour or draw up saline into the bottle or syringe and squirt about 4 ounces of solution gently into the right nostril with your head tilted down and to the left. Breathe normally through your mouth and in a few seconds the solution should come out the other nostril.
4. Repeat the process by rotating your head to the right and squirting 4 ounces of solution gently into the left nostril.
5. You may need to adjust your head position so the solution does not go down the back of the throat or into the ears. To prevent the solution from going into the ear and causing discomfort, blow the nose very gently.
6. You may now use your other nasal spray medications. These medications will work better after your sinuses have been rinsed.
7. Perform rinses at least 2 times per day.
8. Stop using rinses if you experience pain, nosebleeds, or other problems. Make a weaker saline rinse solution if burning or stinging is experienced.